

Taco Casserole²⁰

Number of Servings: 20 (226.77 g per serving)

Amount	Measure	Ingredient
3 3/4	lb	Beef, ground, hamburger, pan browned, 10% fat
1 1/8	cup	Onion, white, fresh, chpd
1.00	tsp	Spice, chili pepper, pwd
1 1/8	cup	Chili Peppers, green, dices, cnd
26.00	oz	Soup, cream of mushroom, rducd sod, cond, cnd
2 1/4	cup	Milk, 1%, w/add vit A & D
30.00	oz	Tortillas, flour
2 1/4	cup	Cheese, cheddar, low fat, shredded

Nutrients per serving

Nutrition Facts	
Serving Size (227g)	
Servings Per Container	
Amount Per Serving	
Calories 400	Calories from Fat 140
% Daily Value*	
Total Fat 16g	25%
Saturated Fat 6g	30%
Trans Fat 0.5g	
Cholesterol 80mg	27%
Sodium 650mg	27%
Total Carbohydrate 29g	10%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 32g	
Vitamin A 4%	Vitamin C 8%
Calcium 15%	Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Notes

* Purchase ~1 3/4-2# 93% or 90% lean ground beef to equal ~ 1 1/2 # (24 oz) browned grd beef called for in recipe.

* Any low sodium cream soup can be used that has ~ 110 mg sodium per OUNCE or less.

Any size of flour tortillas can be used. Use the # of tortillas that total the # of ounces called for in the recipe.

Potentially Hazardous Food. Food Safety Standard: Hold food for service at internal temperature above 140 degrees F.

Spray a 9X13" pan for each 10-15 portions or 12X20" pan for each 25 servings and cut into # of pieces recipe yields.
Preheat oven to 350 degrees F.

Cut soft flour tortillas into strips 1/2" wide with a sharp knife or a pizza cutter.

Mix browned ground beef, chilis, onions and chili pepper together with soup and milk AMOUNT OF CHILI POWDER/PEPPER CAN BE ADJUSTED TO FIT TASTE OF YOUR PARTICIPANTS

Layer 1/2 of tortilla strips in pan followed by a layer of ground beef-soup mixture; continue to layer one more time.

Sprinkle top with shredded cheese.

Bake for 30 minutes covered with foil and an additional 15 minutes uncovered. Cut into # of pieces recipe/pan yields, cover with steamtable pan lid and transfer to steam table to serve.